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Ottawa metro

WEEKEND, NOVEMBER 25-27, 2016

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metro NEWS

Your essential daily news

A fundraising site for Donald Trump wants to make your Christmas tree great again. **World**

Five things to do this weekend

Tons of craft fairs and unique gifts to shop for, fairy lights to drive through and art to see.

HALEY RITCHIE METRO

1 Feminist Fair (Sunday)

The third annual Feminist Fair takes place Sunday at the Montgomery Legion from 11 a.m. to 4 p.m. The event is a craft market, fundraiser and chance to connect with local non profits. Local artists will be selling zines, buttons, pins, cupcakes and more. Entry is pay what you can, with proceeds going to Ottawa Coalition to End Violence Against Women. Toiletry donations for STORM and Building Purple Bridges programs are also accepted.

2 Holiday craft markets (all weekend)

Another November weekend, another slew of craft sales and holiday bazaars to check out. This weekend includes events at the Barrhaven United Church, Ritchie Feed & Seed (Richmond), St. Stephen's Presbyterian Church (Parkdale), First Avenue Public School (Glebe), McNabb Community Centre (Centretown), Stittsville community centre, Bronson Centre, Julian of Norwich Anglican Church (Nepean) and the ByWard Market Building.

5 Gift of Light (all weekend)

Touring holiday light display — Gift of Light — lands in Ottawa this year at Wesley Clover Parks Campground. The display consists of a two-kilometre drive through holiday light displays, including a 100-foot light tunnel at the exit.

The display opens Friday and continues until Jan. 1, 2017.

Tickets are $20 for cars, $40 for limos. Funds raised will go to the Senators Foundation.

3 Alex Javier (all weekend)

The National Gallery's major Alex Javier retrospective opens on Friday. The celebrated contemporary painter is originally from Cold Lake First Nations is influenced by his cultural and spiritual heritage and abstract painting.

The retrospective will be welcoming visitors until April.

4 Ottawa Comiccon (all weekend)

The folks behind Ottawa Comiccon are bringing the geeky fun back for the holiday edition. On Saturday and Sunday at the EY Centre vendors will be set up selling local crafts, original art, comics, toys, collectibles and statues.

Entry is free and costumes are encouraged.

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Superfan vs Superfan

Vying for Grey Cup glory

Calgary Stampeders superfan Connie Fekete gets Grey Cup ready by getting the team's logo shaved into her head before heading out to Toronto for the big game. CANDICE WARD/METRO

Connie Fekete

Age: 46
Years as a fan: 22
How she became a superfan:

Fekete became a fan of the team when she moved to Calgary over 22 years ago. Since then, she has been a season ticket holder and attended Grey Cup games for years, even when the Stampeders were not playing. She can be spotted in the crowd at each Stampeders home game in her bright red wig (now with her new hair do with the shaved horse), behind the Stampeders bench cheering on the home team.

Die-hard Redblacks fan Peter Azzi, a.k.a. South Side Pete, is headed to the Grey Cup on Sunday to cheer on Ottawa. ADAM KVETON/METRO

Peter "South Side Pete" Azzi

Age: 36
Years as a fan: 26
How he became a superfan:

Peter Azzi has been a fan of Ottawa CFL football since he was 10 years old when he discovered the Ottawa Rough Riders while flipping through channels on the TV, he said. "I fell in love with the team." Remaining a fan despite the end of two Ottawa franchises and "all the losing you could imagine," Azzi's passion for Ottawa football has only grown. Now, working as a lawyer, Azzi makes a firm distinction between work time and game time, and uses the alter ego "South Side Pete" to cheer on the Redblacks relentlessly.

Stampeders must remain dominant

The Calgary Stampeders have been dominant all season. Rolling over opponent after opponent on their way to a 15-2-1 season record. There's no doubt in the mind of superfan Connie Fekete, that the Stampeders will be coming home with the coveted Grey Cup on Sunday.

"The team is just so tight right now and so cohesive, and they are just going to win," says Fekete.

While their one tie did come at the heads of the Ottawa Redblacks at the start of the season, the Stampeders destroyed them back at home in September by a score of 48-23 on their way to a perfect home record for the year.

4 KEYS TO WIN

1. Messam will get big yards with offensive line who will create the space he needs.
2. Defense will make some big plays and expect them to score.
3. Penalties have almost been a non-issue this year.
4. Roy Finch as the kick returner will be the linchpin.

To Fekete, there is no reason the Stampeders should not dominate the Redblacks again in the big game at BMO Field on Sunday.

"Offensively, we have the best quarterback in the league and arguably the best quarterback who has ever been in the league," says Fekete.

"And this defence is savage."

Fekete, along with her trusted superfan sisters Belinda and Tanya, will be in the stands once again on Sunday in Toronto to watch another page in the Stampeders history unfold. CANDICE WARD/METRO

Redblacks need aggressive offence

There are a few things Peter Azzi, a.k.a South Side Pete, wants to see from the Redblacks on Sunday, but chief among them is an aggressive offence.

"We have the best receivers in the league. We need to capitalize on it," he said.

"I think our losing record during the season is reflective of the fact that we became conservative when it was time to attack on offence."

Azzi says the Redblacks will come home with the Grey Cup because the team was made stronger due to a difficult past.

"We went through everything, all the losing you could imagine. We have survived and we are back and now we are hungrier than ever."

4 KEYS TO WIN

1. An aggressive offence that makes use of its receivers.
2. A solid defence that can put Bo Levi Mitchell off his game.
3. Sure hands from special teams.
4. Secure extra points from field goals.

He adds that a strong defence that can put pressure on Calgary Stampeders' quarterback Bo Levi Mitchell is vital.

Other than that, special teams need to have sure hands, and Ottawa's kicking game, which looks strong as of late, must get those extra points to propel the team forward, he said.

Azzi said he's confident the Redblacks will get it done, in part because he and other members of R-Nation will be at BMO Field in Toronto, cheering on their boys in red and black. ADAM KVETON/METRO

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The bill would allow the minister of transportation to force railway companies to build a grade crossing when there is a clear demand from pedestrians and a need to improve safety. COURTESY ARIANE PELÉ

Railway pedestrian crossings pitched

TRANSPORTATION

Montreal-area MP introduces bill to stop illegal passing

Ryan Tumilty
Metro | Ottawa

An NDP MP wants to make it easier for pedestrians and cyclists to cross railway tracks by forcing rail companies to build crossings in some locations.

Montreal-area MP Hélène Laverdière introduced a bill Thursday, saying she was inspired to move on the issue because of railway tracks that cut through neighbourhoods in her Montreal riding.

She said people now are crossing illegally and she wants to change that.

"People that go to the Metro station that they can see from their home have to do a detour of close to one kilometre and go in an underpass to be able to access the Metro station," she said. "This is a situation that is repeated all along the tracks in Montreal."

Laverdière has raised the issue with Transportation Minister Marc Garneau, who she said has the same situation in his own riding, but he told her he was unable to help.

Currently, the transportation minister can order a railway crossing to close if he believes it is unsafe, but he can't order one open.

Laverdière's bill would change that and give him the ability to do both.

"It's to have an even field and to give him the power to protect the safety and security of people," she said.

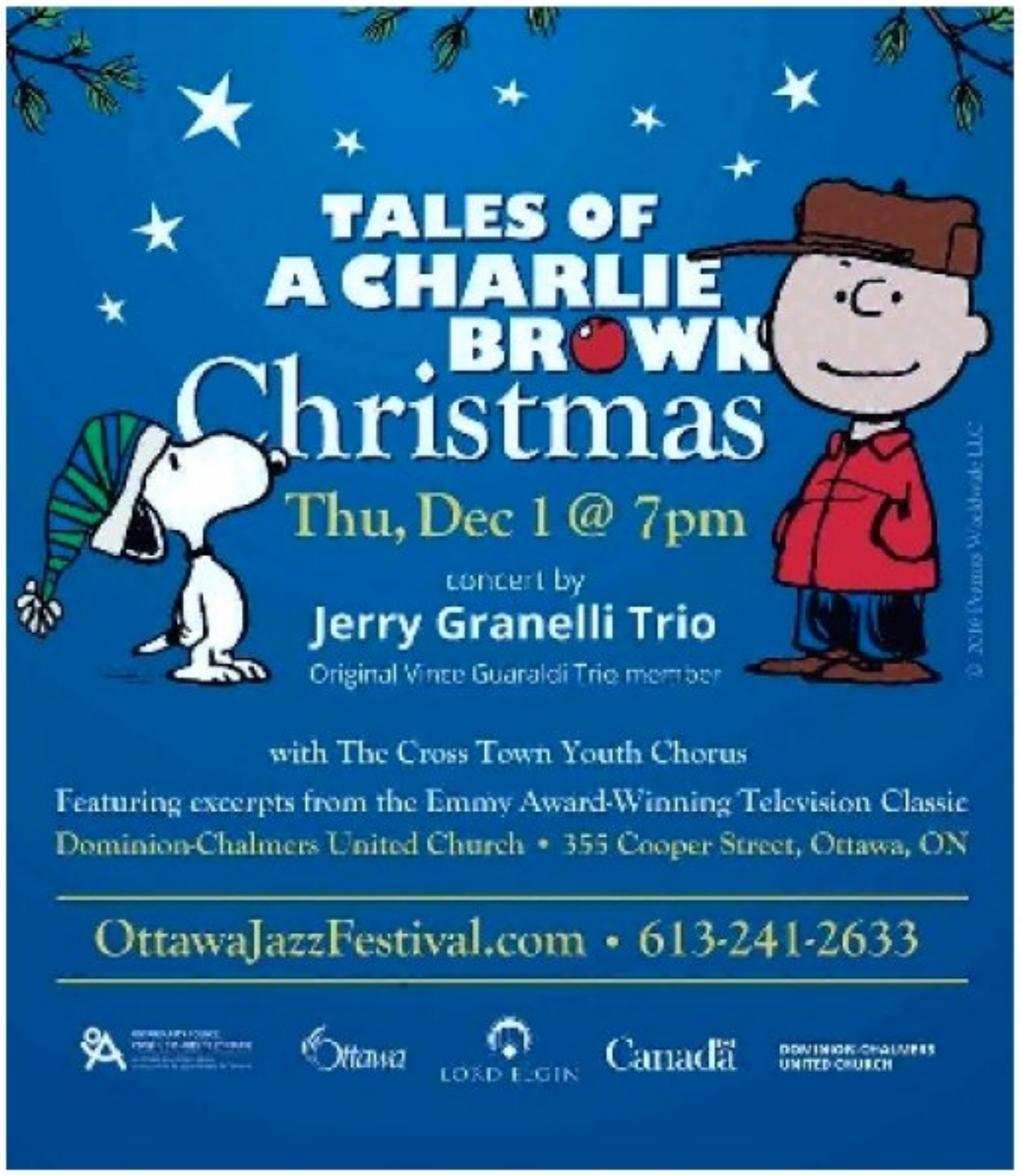
She said while her focus was on her riding in Montreal, she believes the issue is one that would come up in cities and towns across the country.

Her bill proposes that companies ordered to open a crossing would have to pay the costs themselves, but would be able to apply for a subsidy from the government.

The cost of a pedestrian crossing, she argued is not insurmountable.

"Crossing for pedestrians and bicycles cost about $200,000 which is not a fortune," she said. "In Montreal at least, the city has clearly stated that it's ready to pay for it, itself."

> People that go to the Metro station that they can see from their home have to do a detour of close to one kilometre.
> MP Hélène Laverdière



There will be at least another year of negotiations before this vision can move forward. CONTRIBUTED

OTTAWA HOSPITAL

Tunney's Pasture selected for new site

The National Capital Commission has picked Tunney's Pasture — and not the Experimental Farm — as the best piece of federal land for the Ottawa Hospital's new Civic campus.

The NCC released a report recommending Tunney's Pasture and the board approved it as their recommendation on Thursday.

It cited the availability of the land, the access to future LRT and the need for a hospital to serve an expanding part of Ottawa as benefits of the site.

"Clearly it is the ideal site for the new Civic hospital campus," said board CEO Mark Kristmanson.

The decision will now go to Heritage Minister Mélanie Joly for a final decision and then it will be up to the hospital to decide if they want to build on that site.

In a statement released Thursday, the hospital said Tunney's was not among their top ranked sites in previous reviews that also identified some issues with traffic to the site.

"We also raised concerns about the cost and timelines for demolishing existing facilities and relocating federal government departments," read the statement. It also said it needed more time to review the NCC's report.

The review looked at 12 possible pieces of federal land that could be the new home, including three sites on the Experimental Farm.

Leslie Maitland, with the Coalition to Protect the Central Experimental Farm, said she was elated the farm was left alone.

"This was the win-win situation we all wanted," she said.

Board member Kay Stanley who abstained from the vote said the farm definitely has important research potential, but the hospital generates millions every year in medical research.

She said placing the new site near the current hospital was a "common sense solution."

RYAN TUMILTY/METRO

Sens to take next step

DOWNTOWN ARENA

More talks, but deal still at least a year away: board

Ryan Tumilty
Metro | Ottawa

A downtown arena for the Ottawa Senators moved closer to dropping the puck Thursday, after the National Capital Commission approved moving ahead.

The NCC board voted Thursday to take the next step in negotiations with RendezVous Lebretron, which includes the Senators, but it could be at least another year before a deal is finalized to redevelop the site.

The company was granted preferred proponent status after preliminary negotiations for their project, which means the company and the NCC will work over the next year to come to a final agreement.

Marco Zanetti, director of real estate with the NCC, told board members this was an important step forward, but if things don't work the board could approach the other bidder Devcore Canderel DLS Group.

"If our negotiations don't bear fruit we have options to turn to," he said. "Until we have a successful proponent we have two ranked participants."

NCC CEO Mark Kristmanson said important work could now begin and he hoped they would be closer to a resolution in a year.

"I am confident that we will have a robust set of negotiations and I can't tell you where we will be in a year, but I can tell you I do hope we can move forward."

RendezVous LeBreton members declined interview requests at the meeting, but in a statement Sens owner Eugene Melnyk said they were happy to be moving ahead.

IN BRIEF

Ottawa police warn of new email scam

Ottawa police are warning people about a new scam targeting people here and in other cities.

The scam involves fake emails that appear to be sent from the police, warning the recipient that they have fines from traffic tickets. The emails are urgent, instructing that the fines must be paid immediately, and provide a link to pay online. The victim is then asked to enter personal information.

"The Ottawa Police Service does not issue traffic infraction notices by e-mail nor do we ask people for an email address during a traffic stop," says a statement from Ottawa police. METRO

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Hate's not just one teen, advocate says

RACISM

Offender was 'tutored in hatred' by others, he says

Adam Kveton
For Metro | Ottawa

Human rights advocate Bernie Farber, shown right campaigning for the Liberals in the 2011 provincial election, will be speaking in Ottawa in response to recent hate crimes like the swastika spraypainted on this sign.
TORSTAR NEWS SERVICE

> We should be really concerned that it was a young offender, not just because of his age, but because he was so steeped in hatred.
> Bernie Farber

Hate crimes like the rash of racist graffiti Ottawa saw this November are nothing new, and can be dealt with — but the problem likely goes beyond one teen.

That's the belief of human rights advocate Bernie Farber, who will be the keynote speaker at a hate crime prevention talk in Ottawa on Friday.

Farber is the executive director of The Mosaic Institute, an organization that seeks to bridge the gap between diverse communities. He's been a human rights advocate for 30 years.

Born in Ottawa, Farber has kept a close watch on the recent hate graffiti, and will be speaking at Crime Prevention Ottawa's Addressing Hate Crimes speaker's session Friday morning.

"It's important for people to understand that it has happened before," said Farber.

"Synagogues, mosques and churches have sadly been targeted by those with hate in their hearts, and we have found ways to come together as communities both for self-protection and for comfort, and to ensure that these kinds of things are dealt with to the best of our ability."

This work has already begun, he said, with multi-faith gatherings taking place in the wake of the graffiti.

But another message Farber hopes to bring is that a youth being apprehended in connection to the crime is not cause for relief.

"I think quite the opposite. I think that we should be really concerned that it was a young offender, not just because of his age, but because he was so steeped in hatred," he said.

"I am surmising that while he may be the sole offender, he was mentored by somebody or by a group that might still be very present in Ottawa. So we may not see the end of this," said Farber.

He said his belief is based on the accuracy of the swastikas and the use of particular references in the graffiti.

"The hate language that was used could only have been known really by a person who has been tutored in hatred," he said.

Ottawa police did not immediately respond to a request for comment.

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Any porter in a snowstorm

Colder weather means it's now time to sample darker beers

THE BOTTLENECK

Jordan Duff

Beer is often viewed as seasonal. It certainly is. Still, there are some poor, misinformed folks out there who believe that once patio season has ended, so too has "beer season."

But the colder weather is simply an excuse to begin exploring darker, richer styles of beer, like stouts and porters. Much like a great Bob Seger song, these soulful styles warm the body from the inside out with their malty depth and smooth honesty. With snow on the ground, it's time to begin exploring local stouts and porters.

Dominion City Brewing Co's new porter Hearsay Entire Porter is a delicious barrel-age blend that comes with a history lesson.

Per brewer Scott Denyer: "Our interpretation is inspired by John Feltham's 1802 tale of porter, as a blend of fresh and aged beer served from one cask. We aged a wine barrel of Earnscliffe ESB and two wine barrels of Boxing Hare Ruby Mild to blend with a tailor-made dark, fresh, base beer."

The hard work and historical dedication paid off. The finished product is a complex delight with notes of chocolate, vanilla clove and blackcurrant. It's available at the brewery.

Bicycle Craft Brewery's third annual beer-and-cheese pairing took place last weekend. They suggest pairing their Vinternat Liquorice Stout with Five Brothers cheese from Gunn's Hill Artisan Cheese. JORDAN DUFF/FOR METRO

Kichesippi Beer Co.'s Bristol Stout is named after, and inspired by, their family-owned dairy farm in Bristol, Que. This dark milk stout provides aromas of chocolate, roast and coffee. Owing to the addition of lactose (milk sugar), the sweetness is amplified and allows the chocolate to shine through.

Tyler Beckett, the brewery's retail territory manager, explains this beer is a "great compliment to late fall as the malty richness will warm you up as we turn towards those colder winter months." It's available at the brewery, the LCBO and The Beer Store.

Bicycle Craft Brewery has an inventive take on the style with their Vinternat Liquorice Stout. Vinternat is Danish for "winter night" (and you thought you'd never learn Danish through this column…) and this is a great beer for chilly evenings. The classic full-bodied stout is balanced with a cooling sensation owed to the Persian liquorice root. It's available at the brewery until the spring.

The cozy social vibe at Tooth and Nail brewpub is well-suited for these early sunsets as you bask in the green glow of their front window hoplight. T&N's Fortitude stout also pairs with long evenings, providing thick notes of chocolate and coffee with undertones of caramel and nuts.

"The colder months often has people looking for richer, more warming and satiating flavours in both food and drink," says head brewer Matt Tweedy. "This stout is less refreshing than contemplative, so it fits the cooler months perfectly."

Above all else, what sets Fortitude apart is its smooth, velvety mouthfeel courtesy of the oats used in the brewing process. Cans and draught are available at the brewpub.

These above suggestions are but a delicious taste of what Ottawa has to offer. Beyond these, are even more local night brews that can help us all stay warm through the coming months.

LOCAL HOP-PENINGS

Beers lovers give back
Here's some heartwarming news: Beau Brewery's Kickstarter for the Rwanda craft brewery well-exceeded its goal and will be fully funded. Generous people, you beer people.

Sprucing up the palate
Nita Beer Co. will be releasing Cranshaw's Spruce Ale, so even your breath can be festive.

Black Friday with flavour
This weekend at the brewery, it's Beau's Black Friday. This stress-free event involves 10 black beers (get it?) on tap, plus eight guest taps. Tour and bus tickets found through Groupon.

Ugly sweater, nice beer
Don your best snowman sweater and attend Whiprsnapr's Christmas Party at their brewery, Dec. 9 from 5-9 p.m. They're inviting everybody. Everybody.

Shinnicked hits town
Fittingly, Muskoka Brewery launched their new stout Shinnicked at Bite Burger House this week.

Evergreen going big
Ottawa's tiniest brewery, Evergreen Craft Ales, has a whopping six beers available at the brewery this Saturday from 2-6 p.m.

Stalwart's get fruity-ish
Carleton Place's finest, Stalwart Brewing, has dropped a most intriguing new brew: Dos Jefes grapefruit-vanilla IPA.

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OVERNIGHT STAYS

Four charged over 24-hour YouTube hiding challenge

Haley Ritchie
Metro | Ottawa

The Ottawa Police Service Break and Enter Unit has laid charges against four Ottawa men for their participation in a YouTube challenge that involves hiding in a closed businesses overnight.

Charges have been laid connected to five of the YouTube videos, including overnight stunts in a Movati Athletic Kanata on Frank Nighbor Place, the Merivale Bowling Centre, the Landmark Cinema in Kanata, TD Place and Saunders Farm.

Jason Ethier, 26, has been charged with five counts of trespassing. Adam Morgan, 20, was charged with one count while Hamzah Faraj and Olyad Motuma, both 18, have been charged with two counts.

The four men will appear in provincial court on Dec. 9. The maximum fine listed in the Trespass to Property Act is $10,000.

Ethier operates the YouTube channel Jay Station, where he posts pranks and popular "24-hour challenge" videos.

The videos are built on suspense. Ethier films himself hiding until a business closes and sneaking around empty buildings trying to avoid janitors, overnight staff and security cameras.

His overnight challenge with friends in TD Place netted over a million views, which can translate to real advertising dollars on the social media platform.

In October, Ethier called it quits in a video diary uploaded to his account, explaining that the 24-hour challenges had attracted too much police attention.

"Do not try these overnight challenges guys. They are illegal, and they can get you in a lot of trouble," he tells viewers in the video. Ethier claims he never broke into the buildings and never stole anything.

Since posting that message Ethier has uploaded a number of new videos, including an overnight challenge at Saunders Farm and two during a trip to Toronto.

Police said they investigated one of his most recent videos, "24-Hour Challenge in a Stranger's House", and confirmed that it was staged.

BLACK FRIDAY WEEK!

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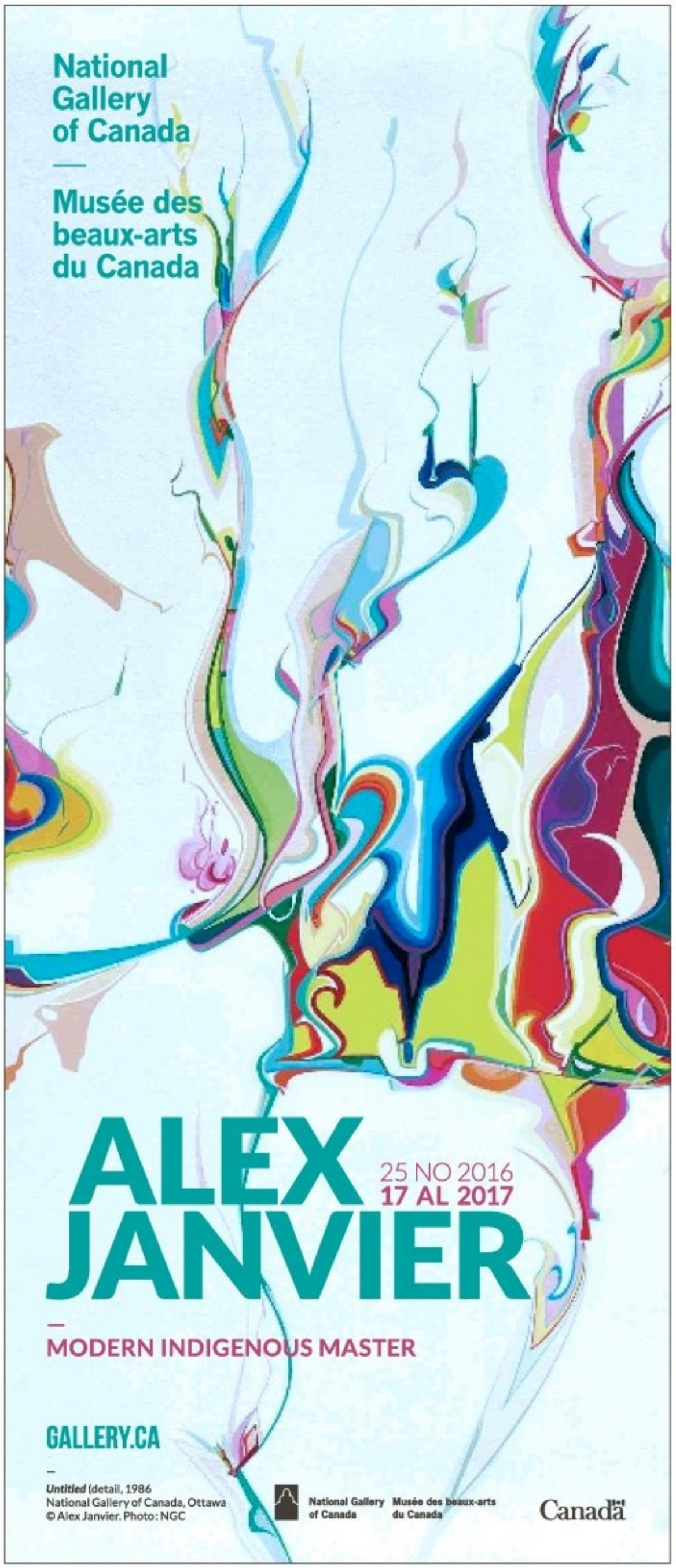

Treating trauma with ecstasy drug

SCIENCE

Promising mental health results in first Canadian trial

David P. Ball
Metro | Vancouver

Dr. Ingrid Pacey, a psychiatrist and lead investigator of the recently completed MDMA-assisted psychotherapy trial — the first of its kind in Canada. JENNIFER GAUTHIER/METRO

Several psychotherapists behind a head-turning Canadian drug study may not be raving ecstatically or blissed out.

But after wrapping up Canada's first-ever trial treating trauma using the drug MDMA — the pure form of what's popularly called ecstasy — they are nonetheless optimistic.

According to psychiatrist Dr. Ingrid Pacey, the study's principal investigator, the MDMA-assisted psychotherapy trial showed promising results for its six patients with post-traumatic stress disorder (PTSD) so severe that no previous treatments had worked.

Because MDMA — or methylenedioxymethamphetamine — is an empathogen, meaning it generates feelings of empathy and trust, the therapists hoped to see how patients might respond to counselling while they were on the drug.

"The biggest thing was there was a very increased level of trust," Pacey said. "They were really able to talk about painful material from the past that they were never able talk about before in their life — they'd been so frightened they'd block it.

"With the MDMA, they'd be distressed and crying, but they could talk it through and come to understand it in a way they couldn't before. The trauma became a more manageable part of their history and they could go forward with their lives."

PTSD is a mental-health condition associated with being exposed to threatening events or abuse, often afflicting victims of violence, soldiers, first responders, and sexual and childhood abuse survivors.

The illness is often tough to treat because many people with PTSD have developed a deeply engrained sense of mistrust in others, numbing, hyper-vigilance and isolation — and because it changes the brain itself.

Three of Pacey's subjects had experienced childhood abuse; the other three survived adult traumas. Except for two given placebos for the first part of the trial, subjects were given 125 milligrams of MDMA with eight hours of therapy, followed by a supervised sleepover at the clinic site; the next day, they got further counselling. Months later, they were given half the original dose and offered more therapy, followed up after a year.

The study was part of an international initiative led by Multidisciplinary Association for Psychedelic Studies (MAPS). Although the results of the federally approved study — quietly authorized by Health Canada in 2013 — are still being "collated" alongside similar research in the U.S., other studies have backed up Pacey's initial findings.

"We're facilitating a healing process, not just a treatment of symptoms," explained Dr. Allison Feduccia, MAPS' clinical trial leader.

"Some people have been hurt by other people so much that they may not even want to let anybody else in," she told Metro. "MDMA facilitates an empathetic rapport between the therapists and the participants."

MAPS Canada chairman Mark Haden, an adjunct professor UBC School of Population and Public Health, told Metro that the Vancouver experiment is being formally wrapped up this week and another site in the city is being considered for the next phase of their research. So far, MAPS-supported scientific research — much of it crowd-funded on the Internet — has treated more than 100 severe PTSD cases.

"Most PTSD therapy takes years," Haden said in an interview. "We do it in three months."

IN BRIEF

Netflix pushes back

Netflix makes "substantial" investments in film and TV productions in Canada and should not face regulation, the company argues in a submission to Canadian Heritage's public consultation on homegrown content in a digital world. Two years ago, Netflix suggested to the CRTC that its service did not fall under the Broadcasting Act as it is not a conventional broadcaster.

THE CANADIAN PRESS

Liberals table voting reform bill

The Liberal government is throwing open the doors to voting in federal elections, including expanding the franchise to more than a million Canadians living abroad.

Maryam Monsef, the minister for democratic institutions, has introduced legislation that will roll back a number of controversial changes to Canada's voting process.

That includes relaxing voter identification rules tightened by the previous Conservative government and restoring Elections Canada's mandate to educate and encourage voters.

She is also proposing to significantly expand voting into previously uncharted waters by permitting any expatriate Canadian citizen who's ever lived in Canada to cast a ballot.

"We're removing barriers that never needed to be there in the first place," Monsef said.

THE CANADIAN PRESS

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Colombia peace deal signed

Colombian President Juan Manuel Santos signed a revised peace agreement with the country's largest rebel movement on Thursday, making a second attempt within months to end a half century of hostilities.

Santos and Rodrigo Londono, leader of the Revolutionary Armed Forces of Colombia, signed the 310-page accord at Bogota's historic Colon Theater — nearly two months after the original deal was surprisingly rejected in a referendum.

After signing with a pen crafted from the shell of an assault rifle bullet, they clasped hands to shouts of "Yes we could!"

Thursday's hastily organized ceremony was a far more modest and sombre event than the one in September, in the colonial city of Cartagena, where the two men signed an accord in front of an audience of foreign leaders and United Nations Secretary General Ban Ki-Moon, all of whom were dressed in white to symbolize peace.

Santos looked and sounded tired after a two-month political roller coaster that saw him rise from the humiliating defeat to win this year's Nobel Peace Prize. This time the deal will be sent directly to Congress without a public referendum.

"In 150 days — only 150 days — all of the FARC's weapons will be in the hands of the United Nations," he said.

FARC leader Londono used his address to call for a transitional government to ensure the accord is effectively implemented, a suggestion immediately denounced by the opposition as a veiled attempt to extend Santos' tenure past elections in 2018, when he'll be constitutionally banned from competing. The rebel leader also congratulated Donald Trump on his victory and called on the president-elect to continue strong U.S. support for Colombia on its path to peace. THE ASSOCIATED PRESS

Co-existence in a post-truth world

Many different people, from many different places, with many different ideas can peaceably coexist. What about people with different facts?

ROSEMARY WESTWOOD
From the U.S.

A local New Orleans real estate agent is not flying home to New Jersey for American Thanksgiving. And neither is an esthetics specialist driving back to see family in Mississippi. It's not just fodder for TV and talk radio hosts to suggest that the election ruined some holidays. Politics spoils a good meal even at the best of times.

And these are not those. This is Thanksgiving in Trump's America.

The esthetics specialist comes from a family of Trump supporters, and the real estate agent, who's not speaking to his father, has an aunt convinced Hillary Clinton used a body double during the campaign. Go ahead and Google it. It's there among the truly imaginative smorgasbord of fake news that became, during this election, its own character, a worrying theme, an external force and the winning boost for Oxford Dictionaries' recently announced 2016 word of the year: "post-truth." Definition: "relating to or denoting circumstances in which objective facts are less influential in shaping public opinion than appeals to emotion and personal belief." Synonym: Donald Trump.

Trump's childlike relationship to reality, his affinity for feelings over facts, are not going anywhere as president-elect. His cabinet picks prove as much. "Some are known and some are not known, but they're known within their field as being the best," Trump told New York Times editors and reporters the day before the Times' editorial board summed up his appointments with the headline "No experience, no problem."

A UN ambassador with zero foreign-policy experience. A potential housing-department lead known for his neurosurgery talent, and not much else. An education secretary with little faith in public education. In Trump's America, I suddenly feel qualified, at five-foot-six with a crooked spine, to walk the runway for Dolce and Gabbana.

Alas, I'm one of those pesky people stuck in the grimy mud of a fact-based world. I'm a journalist, that odd profession that forces you to reach for some kind of truth, at the most, and factual accuracy at the very, very least. I'm young, I know, but I've never been more worried for the profession. How can reporters, writers, editors do their job — to inform the public — if half the country isn't listening? We've known for a long time that journalists carried about as much respect as lawyers. But I would have never predicted that deep distrust in the U.S. government and hateful disregard for mainstream media outlets would combine to put into the a White House a president who doesn't care much for the truth, with a fan base lacking an appetite for public scrutiny.

That is truly terrifying. Those of us working in the mainstream media, and anyone hoping to effect change through their work, will have to figure out how to talk beyond their own echo chamber, how to reach people who have no interest — or a decided disinterest — in what they have discovered.

Many different people, from many different places, can peaceably coexist. It's happened across the world, in different times and places.

But different people with different facts? We're about to find out.

TOKYO'S FIRST SNOW IN DECADES People cycle in snowfall in Tokyo. Residents in Tokyo woke up on Thursday to its first November snowfall in more than half a century, leaving commuters to grapple with train disruptions and slick streets. AFP/GETTY IMAGES

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CHRISTMAS

Deck the halls with boughs of Donny

Guaranteed to make wallets a lighter and Christmas trees a little … er, redder, comes an ornament from the Trump-Pence collection.

The Trump Make America Great Again website — which says it is a joint fundraising committee authorized by and composed of Donald J. Trump for President, Inc. and the Republican National Committee — features a new bauble.

That famous red hat with the "Make America Great Again" slogan is now a "Red Cap Collectible Ornament," at a sizzling $149 (U.S.) excluding tax and shipping.

The description boasts: "Get in the Christmas spirit with your very own Make America Great Again Red Cap Collectible Ornament.

Made of brass and finished in 24-karat gold, this ornament is sure to make any tree stand out."

According to several news outlets, the campaign announced the trinket's sale in an email to supporters that said the president-elect "makes a point of proudly saying 'Merry Christmas' every chance he gets."

The description for this Trump ornament boasts: "Get in the Christmas spirit with your very own Make America Great Again Red Cap Collectible Ornament." CONTRIBUTED

While Canadian Trump fans may not be able to buy this knick-knack from the U.S. fundraising website, they can get a less shiny version from Amazon — 14-karat gold and $250 (U.S.).

According to one cheeky review on Amazon, from L.H., the ornament "keeps tweeting at 3 a.m., demanding apologies from the casts of various Broadway musicals."

L.H. gives the ornament one star out of five.

TORSTAR NEWS SERVICE

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Prime Minister Justin Trudeau and the federal Liberals hope to finalize a pan-Canadian plan with all the provinces and territories at a meeting early next month in Ottawa. AFP/GETTY IMAGES

Top execs push PM on climate policy

ENVIRONMENT

Trudeau and premiers urged to show 'bold leadership'

Canadian corporate executives whose companies together employ more than a million people are urging Prime Minister Justin Trudeau and the premiers to press ahead with collective climate action, including putting a price on carbon emissions.

An open letter to the first ministers was released Thursday morning ahead of a planned meeting early next month in Ottawa, where the federal Liberals hope to finalize a pan-Canadian plan with all the provinces and territories.

"Canada has a history of taking far-sighted policy actions to capitalize on the opportunities created by global economic change," says the letter.

"The time is right for the same kind of bold leadership."

The 60-plus signatories include business leaders representing oil and gas, mining, forestry products, cement making, aluminium smelting, information technology, banking, grocery retail and building materials. Together, their businesses have revenues exceeding $300 billion annually.

Through the Smart Prosperity Institute based out of the University of Ottawa, they've made common cause with clean energy associations, environmental advocacy groups, organized labour and environmental think tanks.

Their common message is that enlightened self-interest dictates Canada strive to be at the front of the pack as the global economy makes a historic shift.

That includes putting a price on CO_2 — "the most cost-effective way to reduce emissions, stimulate innovation and drive energy efficiency," says the two-page letter.

60

The number of business executives who signed the open letter to the first ministers.

Michael Crothers, the president of Shell Canada, said the open letter was conceived in September — before the election of U.S. president-elect Donald Trump shook the climate policy world — and is aimed less at the premiers than at fostering discussions with other industrial sectors across Canada. "I've had a few with peers in our (oil and gas) sector but also with other business leaders," he said.

THE CANADIAN PRESS

SURVEY

Half of homeowners not prepared for emergency

Nearly half of Canadian homeowners would be ill prepared for a personal financial dilemma such as job loss, a survey by Manulife Bank found. It said 24 per cent of those surveyed don't know how much is in their emergency fund, 14 per cent admit to not putting away any funds and nine per cent only have access to $1,000 or less. The remainder have up to $10,000 saved.

THE CANADIAN PRESS

BANK OF CANADA

Five women on short list for next bank note

Two activists, a poet, an engineer and an athlete are on the short list of five women whose image could appear on the next new series of Canadian bank notes due out in 2018.

The Bank of Canada released the list ahead of an announcement on Dec. 8 when the winner will be chosen.

The short list includes Viola Desmond, who fought racial discrimination in Nova Scotia, Pauline Johnson, a poet who was the daughter of a Mohawk chief and an English woman, and Elsie MacGill, the first woman in Canada to receive a bachelor's degree in electrical engineering and a master's degree in aeronautical engineering.

Also on the list is track and field athlete Bobbie Rosenfeld, who won a silver and gold medal at the 1928 Olympics and went on to become a sports columnist, and Idola Saint-Jean, a feminist and pioneer in the fight for suffrage in Quebec.

THE CANADIAN PRESS

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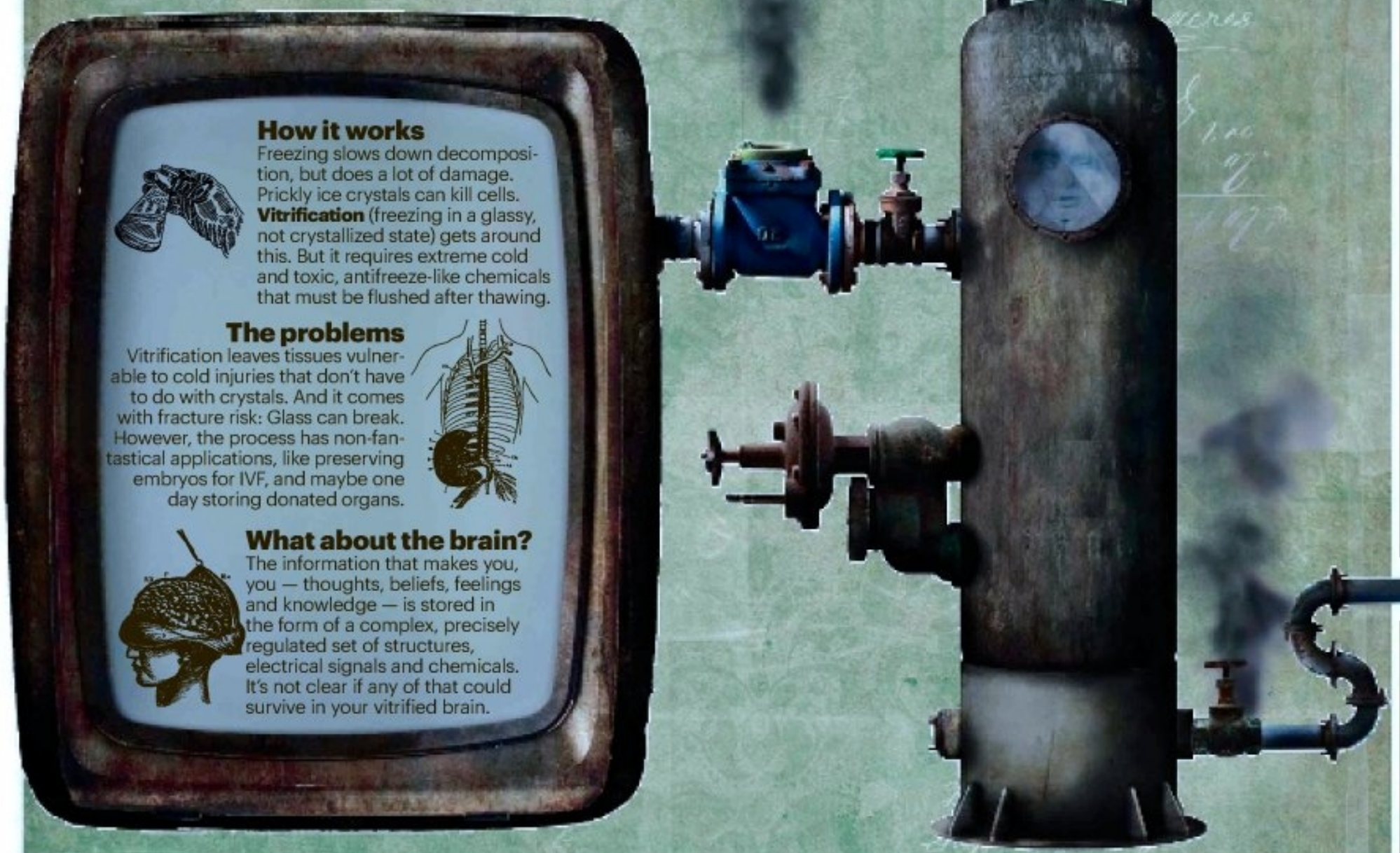
SCIENCE

Scientists have found genes responsible for "uncombable hair syndrome," a real disorder that causes tangled tresses

DECODED by Genna Buck and Andrés Plana

CAN YOU FREEZE YOURSELF IN TIME?

It's Dr. Frankenstein's dream: A few companies will, after you're dead, preserve your body or head in liquid nitrogen – for a fee. A 14-year-old U.K. girl with terminal cancer won a recent court battle to have her body cryopreserved with the faint hope of being revived once technology allows. Trying to extend life forever is far outside the norms of science and medicine. **But it's a cool thought experiment, right?**



How it works

Freezing slows down decomposition, but does a lot of damage. Prickly ice crystals can kill cells. **Vitrification** (freezing in a glassy, not crystallized state) gets around this. But it requires extreme cold and toxic, antifreeze-like chemicals that must be flushed after thawing.

The problems

Vitrification leaves tissues vulnerable to cold injuries that don't have to do with crystals. And it comes with fracture risk: Glass can break. However, the process has non-fantastical applications, like preserving embryos for IVF, and maybe one day storing donated organs.

What about the brain?

The information that makes you, you — thoughts, beliefs, feelings and knowledge — is stored in the form of a complex, precisely regulated set of structures, electrical signals and chemicals. It's not clear if any of that could survive in your vitrified brain.

CITIZEN SCIENTIST by Genna Buck

A call for your questions about science

I'm not answering a reader question this week.

Instead I'm going to tell you about last weekend. I went to the first podcast festival at the Hot Docs theatre in Toronto.

First of all, are you a podcasts fan? They're a great way to learn new things and keep up with the news, especially if you're not a big reader.

I'm telling you this because I went to a live taping of the wicked-good podcast Science Vs.

In it, the host, the incomparable Australian science writer Wendy Zuckerman, tackles a controversial subject like fracking, antidepressants or hypnosis. And, in the course of an hourlong episode, explores whether it holds up in a fight versus science.

In other words, she achieves something a lot like what I'm trying to do with this column — except in a totally gripping, funny way, and (producer Kaitlyn Sawrey says) it takes a luxurious eight weeks to produce.

Like all podcasts, it has an audience of subscribers at least casually interested in the topic. Meanwhile, you, having picked up this paper on your commute, have found yourself reading a full page of science whether you expected to or not.

This means I have an opportunity Wendy and Kaitlyn don't: I get to talk about science with people who may not be interested in it, or never really think about it in their daily lives.

It also means I get a chance to cover a lot of basics, and I answer a lot of questions about things (healing crystals, for example), that have no scientific basis. It's been suggested I re-name the column "You're wrong." But I don't want to be that way.

What I would love is to get even more science questions from you, especially if they have to do with things going on in the world. Send them to **Genna.buck@metronews.ca**. I'll do my best to research them and make the answers fun.

Science Question?
Tweet @genna_buck

FINDINGS
Your week in science

DEADLY WEATHER
From the department of weird and scary diseases: An outbreak of rare **thunderstorm asthma** in Melbourne this week killed four and sickened thousands more. In damp weather, pollen grains absorb water and burst. Out come hundreds of starch granules miniscule enough to get into your lower airways. Factor in high winds that spread pollen around, and you have a recipe for lung disease, especially for those who are already allergic to pollen.

SOUND SMART

DEFINITION
Glass is a state of matter. Normally when a liquid cools to a solid, the molecules organize themselves into crystals. But in some conditions it can become a **glass**: The molecules remain in a random, disordered state, much like they would in a liquid — except they don't move around much.

USE IT IN A SENTENCE
Carlos loves eating glass. No, he's not that stupid: Sugar in a **glassy state** is called hard candy.

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by Jason Logan

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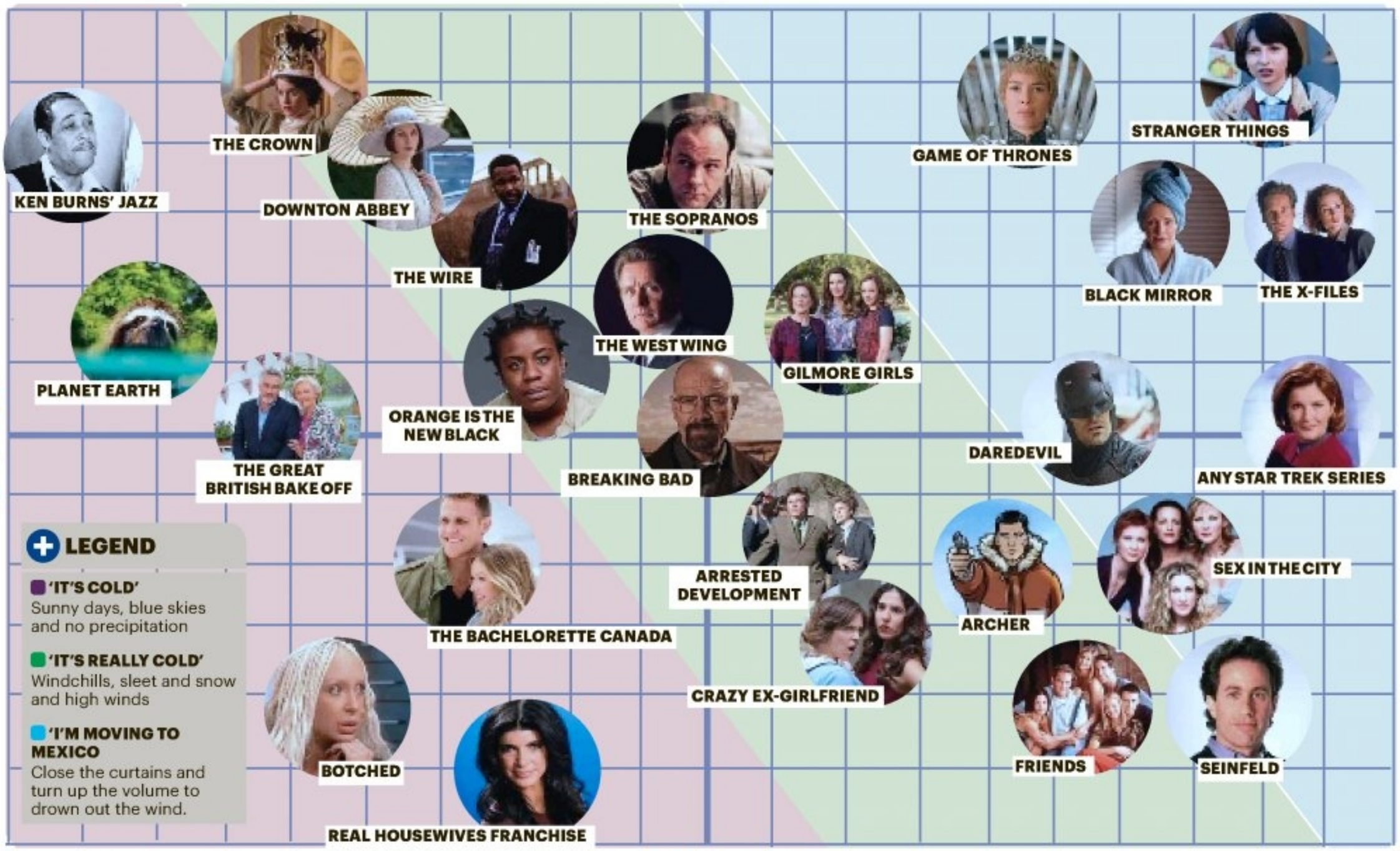
MOVIES MUSIC TELEVISION DIGITAL

CHARTED LET THE BINGING BEGIN

The nights are longer and the weekends are colder — this is the start of **binge-watching season**. Not sure what shows to check out? **Metro canvassed its newsroom for suggestions for all discerning tastes — and weather conditions.** METRO CANADA



Riding a wave of Moana mania

INTERVIEW

Like her Disney self, newcomer Auli'i Cravalho sets few limits

Chris Alexander
For Metro Canada

With Moana, the house of the mouse has finally given us a heroine for the ages.

Disney's latest animated opus is a lush spectacle that follows the adventures of a Polynesian island princess who voyages across the ocean to restore a sacred stone to a mythical island and thus save her home and the entire Pacific ocean.

And while she's joined by a reluctant, preening and tattooed Demigod (Dwayne Johnson), Moana is the heart and soul of the film, a brave, strong and yet vulnerable young woman who refuses to be defined by any perceived limitations of her age or gender.

Auli'I Cravalho, the 16-year-old actress playing Moana, is an equally graceful and driven person. The Hawaiian-born newcomer was chosen out of hundreds of other performers to play the part and after we spoke with her during her recent Toronto press tour, it's easy to see what Disney saw in her.

"I have been given this really amazing blessing," says the intelligent, elegant young actress.

"It was like I was given the golden ticket. I was the last girl on the last day of casting to audition and I would never have dreamed this would have worked out, that I would be travelling around the world, meeting amazing people. Even now, I cannot fully wrap my head around any of this."

Moana is rare in the Disney canon in that the character is not looking for love or on the hunt for a husband. She's a warrior and a moralist who believes so strongly in her people and her culture that she's willing to risk her life to fight for what's right. But that doesn't mean she sacrifices her femininity either.

"It's true, she's not your typical Disney princess," admits Cravalho. "She's tenacious, she's rocking her beautiful tan, her hair blows in the wind and she's got her athletic body. But she's inspiring and she's basically everything I hope to grow up to be."

Back home, Cravalho has become a bit of a rock star, with the locals celebrating her sudden, dramatic rise to success and young people seeing her as a role model.

But she's still totally grounded and the burst of fame has not affected her ego at all. In fact, it has inspired her to do her own great things with her life.

"My life is a little different now. Everyone just calls me Moana now. That's my new name. I won't legally change my name of course, but I turn involuntarily when people call me that in the streets.

"My teachers call me that. My friends call me that. But even though I'm excited about this and all the travel that comes with this journey — I got to see falling snow for the first time last week — I still plan to finish my education and even pursue my first love, microbiology, and find ways to use any celebrity I get to be a spokesperson for the importance of science.

"Really, I'm just a normal girl in a completely abnormal situation but I still want to ride the wave of Moana for a while. Pun intended!"

She's tenacious, she's rocking her beautiful tan, her hair blows in the wind and she's got her athletic body.
Auli'i Cravalho, on what she likes about Moana

Actress Auli'i Cravalho was cast in the lead role of Moana having been the last person to audition on the final day of casting. Back home in Hawaii, Cravalho has become a bit of a rock star.
ANDREW FRANCIS WALLACE/TORSTAR;GETTY

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Stick a bow on it and hit the road

NEW INVENTORY

It might not be a common gift, but watch for Black Friday car deals

Stephanie Wallcraft

Why do automakers put on Black Friday sales, anyway? Do they really expect you to buy someone a car as a gift for the holidays? No, probably not.

But this time of year happens to coincide with model year changeover time for quite a few automakers, which makes it a happy convenience that Black Friday gives them an excuse to apply deep discounts and get the 2016s off the lots to make room for shiny new inventory. And sometimes, if you dig deeper, you might find deals on 2017 models as well. If that means a few people happen to spread some holiday cheer by picking up a set of wheels and a gigantic bow, so much the better.

Here are some of this year's best Black Friday deals being offered across Canada on certain makes and models. These descriptions are overviews; visit the websites of automakers to review the specifics and fine print.

FIAT CHRYSLER AUTOMOBILES

For FCA and its sub-brands, Chrysler, Dodge, Jeep, Ram, and Fiat, Black Friday is one of the biggest retail events of the year. Smaller sales have been ongoing all month, but the biggest incentives started on Nov. 21st and run until Nov. 26: over $1.5 million in additional discounts have been added to a maximum of $25,000 each, plus every customer gets an extra $500 cash discount and 0 per cent financing is available on select models. One lucky customer will even win a new vehicle worth up to $40,000.

Entering is a two-stage process: first visit blackfridaygiveaway.ca to get a PIN code, then take that code to a dealership before Nov. 26 to spin a wheel to earn your additional discounts.

GENERAL MOTORS

Three of GM's marques — Chevrolet, GMC, and Buick — have had a Black Friday sale going for most of the month offering 20 per cent off the manufacturer's suggested retail price. This equates to cash credits ranging from up to $3,059 on a 2016 Chevrolet Spark LT sub-compact hatchback with air conditioning and an automatic transmission (based on an MSRP of $15,295), all the way to as much as $16,647 on a 2016 GMC Sierra Denali HD pick-up (based on an MSRP of $83,235). These sales run until Nov. 30.

NISSAN

Nissan's Black Friday sale runs until Nov. 30. While its offers vary slightly across the country, there are a few highlights you can count on finding at your local dealership:

- A purchase of a 2016 Micra SR sub-compact hatchback with an automatic transmission can receive up to a $3,055 discount from an MSRP starting at $15,988.
- Buying a 2016 Murano Platinum mid-size SUV can get you up to a $3,355 discount from an MSRP starting at $44,248.
- A 2016 Pathfinder SL three-row SUV purchase can net up to a $7,355 discount from an MSRP starting at $41,398.
- Grab yourself a Titan XD Platinum Diesel pickup and you can receive up to a $15,000 discount from an MSRP starting at $74,900. If there's a model you're eyeing that's not listed here, there's a good chance it's on sale as well. Check with your local dealer for specifics and exact pricing.

Black Friday happens to coincide with the model year changeover for many automakers, meaning deep discounts to get the 2016s off the lots. JON NICHOLLS

VOLVO

Volvo is taking a slightly different approach: its event is not so much a Black Friday sale as a goodwill holiday event, something it's calling the Thoughtful Test Drive campaign.

For every test drive taken now until Dec. 31, Volvo will make a donation to your local United Way or Centraide charity with a goal of donating a total of $100,000. In addition, those who complete a test drive can save up to $4,000 on select 2017 Volvo models and earn up to 100,000 Aeroplan miles on their final purchase.

FORD

Ford of Canada's Black Friday "Easy to get into a Ford" offers run until Nov. 28. (These dates are slightly different in Quebec; so check with your local Ford dealer for details.)

Shoppers can save up to $3,500 on a 2016 Focus compact sedan or hatchback or Fusion mid-size sedan, or on the 2017 Escape compact SUV, and up to $8,000 on most 2016 F-Series pickup trucks.

HYUNDAI

For its Black Friday event running until Nov. 28, Hyundai is offering a $750 discount on all models of its redesigned 2017 Elantra compact sedan on top of any existing discounts.

The Elantra LE, for example, with its six-speed automatic transmission, air conditioning, and Bluetooth, will be available for $49 per week on a 36-month lease with zero down payment, 0 per cent financing, and with the additional $750 off.

Black Friday, Cyber Monday are the new Boxing Day

PEAK INTEREST

E-tailers experience big surge of consumers

Camilla Cornell

Black Friday and Cyber Monday campaigns are increasing consumer demand. ASSOCIATED PRESS

Last year, a surprising trend emerged at Canadian online retailer Well.ca. Sales of the company's line of health, wellness, beauty and baby products (including toys, gift sets and stocking stuffers) on Black Friday and Cyber Monday surpassed Boxing day sales by 185 per cent.

"It seems to be getting bigger and bigger in Canada each year," said Erin Young, Well.ca's chief marketing and merchandising officer. "Every year we set our expectations quite high and the consumer blows past our expectations."

The same holds true for other e-tailers, according to an analysis by online shopping comparison website Shopbot.ca. At Amazon.ca, for example, the two biggest peaks in user's interest are the same year after year — Black Friday (3.9 million visits) and Boxing Day (4 million). And, although prior to 2005, Best Buy's Boxing Day event was by far the most popular event of the year, its Black Friday event is now among its top three biggest sales events in Canada.

Young thinks the continuous growth is a factor of more Canadians shopping online generally, as well as with the fact that Canadian retailers have increasingly adopted the once-U.S.-centric shopping day.

"Three years ago, we launched a big campaign around Black Friday and Cyber Money, but very few other Canadian online retailers did anything," she said. "But this year, you see it everywhere. And when it's more present in the market, it drums up consumer demand."

She also says that, sales are occurring earlier in the week. "For us, Cyber Monday used to be the big day," she said. "But what we saw last year in particular is that Black Friday was almost as big — Cyber Monday was only 5 per cent bigger. In previous years, Cyber Monday had been 30-plus per cent bigger."

Young says Canadian shoppers seemed to hold off on purchases in early November this year, perhaps in part because unseasonably warm weather meant "people weren't necessarily thinking about holiday shopping."

She also speculates that there may have been a bit of "depression" associated with the U.S. election as well. "The day after the election, people were just not shopping," she said. But for Well.ca, the shopping floodgates opened at the beginning of this week, building day by day.

> **We see a massive uptick of customers around this time**
> Erin Young of Well.ca

That's a common trend, according to Shopbot.ca's research. "When the concept of Black Friday first arrived in Canada back in 2008, it came with its established opening time of 12:01 a.m. on Friday," according to Shopbot's report. "But with the ever growing popularity of Black Friday, the demand for earlier deals during longer periods has become mainstream. Just Amazon alone has gone from a three-day event in 2015 to host a full 12 days of Black Friday deals this year."

According to Shopbot, about one in five Canadians intend to spend more than $350 this Black Friday, most commonly on electronics. And Canadians are most active hunting online for deals at 6 p.m. on Thursday, hours before Black Friday actually starts in-store.

Small wonder that seven out of 10 Canadian e-tailers start planning for next year's Black Friday/Cyber Monday event before this year's is even over. "We look at everything from the assortment — what are the brands that we want to promote and the deals we want to go after for our customers — and the flow of goods into the warehouses, to marketing," said Young. "After all, we see a massive uptick in new customers around this time of year." Treat them right, she says, and "they come back to us in January when they're repenting of all their sins."

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Twinkle, twinkle, holiday jewels

Gift inspiration to light up your favourite women

By Janine Falcon

The Free Spirit: Hand-crafted in Canada, the charming Biko Freya necklace is tassle-chic and comes in silver and gold. $125 AT INDIGO.CA

The Artist: Canada's House of Cromwell focuses on affordable, costume jewelry handmade in small quantities. We love their brass stackable rings, and their Artemis Gem Ring of brass and pyrite. $45 AT THEHOUSEOFCROMWELL.COM

The Bestie: Say it all with the so-sweet Melanie Auld Modern Best Friend Necklace, a pair of pavé-dipped teardrops that together form one pretty heart. $135 AT MELANIEAULD.CA

The Sporty Classic: A streamlined, two-tone casual sports Tommy Hilfiger watch with a silver white dial looks great with a crisp white shirt and narrow jeans. $205 AT SEARS.CA

The Optimist: A certain playful Swiss watch brand has launched a jewelry collection that includes minimalist clean lines and playful pieces too. Swatch Bijoux Merry Pink Ring. $55 AT SWATCH.COM

The Entertainer: Banana Republic Velvet Linear Drop Earrings that catch the party lights and a gift-basket of compliments? Check. $62 AT BANANAREPUBLIC.CA

Compliment-worthy pieces for your guys

BY JANINE FALCON

The Sentimentalist
Personalize a sleek, designed-in-Canada Medium timepiece with an array of options, and have the back engraved, too. (Also available women's.) The Intro in Blue/Saddle, $180 at mediumwatches.com.

The Hipster
Made with braided fine-gauge brass wire, the silver-plated Salus Metallic Accent Cuff in Argento is crafted in Canada. $84, braveleather.com.

The Dreamer
Canada's Rocking Vibe offers their unisex Rise necklace, a gunmetal ball chain and black tourmaline spear, as rise-above-the-struggle inspiration. $90 at rockingvibe.com.

The Minimalist
Can a statement piece be understated? Yes, says Miansai's matte black hand-made hook on its oxidized sterling silver chain. $109 at holtrenfrew.com.

The Sailor
Look to German company Paul Hewitt for time with nautical panache and unisex accessories — we love the ancuffs and phreps, too. Navy leather phrep and Sailor Line watch, $80 and $270, paulhewitt.com.

The Sharp Dresser
Beautiful cufflinks are a must, especially with a side of whimsey. Handmade sterling silver hockey skates, $298, studio1098.com.

STAR METRO MEDIA THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.

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Super smartphones for the greatest gifts

BEST OF THE SEASON

Mobile devices ideal for a loved one ... or even yourself

Marc Saltzman

Gifting a smartphone is like wrapping a dozen products in one — considering these digital Swiss Army Knives can handle everything from photography and music to games and fitness tracking to messaging and movies to web browsing and GPS navigation. Oh, and they make phone calls, too.

The good news there's no shortage of exceptional options.

Whoever you're shopping for (hey, even yourself), the following are a few noteworthy recommendations. Be sure to check if the phone is available through your preferred carrier.

Google Pixel XL
If you like a large "phablet" (half phone, half tablet), a clean user-interface and a smart personal assistant, then you might opt for the Pixel XL ($549 on 2-year term). Google's first smartphone is a 5.5-inch device with a cool-to-touch metal and glass chassis, Snapdragon processor, intelligent camera, and pure ("vanilla") Android device, with no third-party software added. Looking for something a little smaller? The 5-inch Google Pixel is identical to the Pixel XL, except for the screen size. Both phones work with Daydream ($99), Google's new virtual reality headset for high-quality, mobile VR.

iPhone 7 Plus
At only 7.3 millimetres thin and weighing 188 grams, the iPhone 7 Plus ($548.99 on 2-year term) offers one of the best cameras available. The splash-, water- and dust-resistant smartphone features a 12-megapixel wide-angle and telephoto camera (*f*/1.8 aperture for the wide-angle, f/2.8 aperture for the telephoto), 2x optical zoom, optical image stabilization, autofocus, quad-LED flash, high-dynamic range (HDR) and 4K video recording (delivering four times the resolution of HD). This 5.5-inch iOS device is also no slouch in the power department, plus it supports millions of quality downloads from the App Store and iTunes.

Moto Z Play
Delivering a lot of bang for buck, the Moto Z Play ($0 on 2-year term) is a super slender Android phone that lets you easily attach various "Moto Mods" on the back of the device. Accessories include: a JBL SoundBoost Speaker ($99); Incipio offGRID Power Pack battery ($89) adding 20 hours of power; Moto Insta-Share Projector ($399); Hasselblad True Zoom camera ($349); and colourful Style Shells ($29) to customize its look (including Red Ballistic, Black Leather, and Silver Oak).

Sony's Xperia X Performance
If it's an exceptional camera phone you're after (and great price), Sony Mobile's Xperia X Performance ($0 on 2-year term) packs a 23-megapixel main (rear) camera with predictive autofocus that tracks your subject, so you'll capture the moment with ultra-sharp quality. Similarly, SteadyShot video stabilization translates to smooth and shake-free 1080p HD videos. The 5-inch water-resistant device is powered by a Snapdragon 820 processor (also ideal for gaming), and a battery that can last a couple of days between charges.

LG G5
The LG G5 ($0 on 2-year term) is a modular smartphone that lets you slide out the bottom of its metal uni-body to insert a fresh battery, camera grip with specialized buttons, and other accessories, such as a DAC (digital-to-audio converter) for high-fidelity music. Simply press a small button on the side of the G5, and pull out the base to add something new. In the photography department, the 5.3-inch phone has two rear-facing cameras: a standard 78-degree lens and a 135-degree wide-angle lens to capture more of the world around you.

HTC 10
Ideal for music lovers, the all-metal HTC 10 ($99.99 on a 2-year term) is certified for 24-bit hi-res (high-resolution) audio tracks, such as FLAC and WAV files (and support for Dolby Audio), enjoyed through its integrated BoomSound Hi-Fi edition speakers, Hi-Res audio earphones (included), or a compatible sound system. The 5.2-inch phone walks the listener through a customized Personal Audio Profile, so you can hear music the way you like to. For photo takers, HTC 10 is the world's first phone with optical image stabilization on both the front and back camera.

Asus ZenFone 3
A premium smartphone without the price tag, ASUS ZenFone 3 ($429.99 unlocked, full price) is a 5.5-inch Android device with Full HD resolution, 600 nits of brightness for easy outdoor viewing, and durable Gorilla Glass on its front and back. Along with expandable storage via microSD card, there's a dual SIM tray, so you can pop in a second SIM (phone number), perhaps having one for personal use and one for work, or if using a local SIM when traveling. A fingerprint sensor on its back adds an extra layer of security. The phone also packs an impressive 16-megapixel camera.

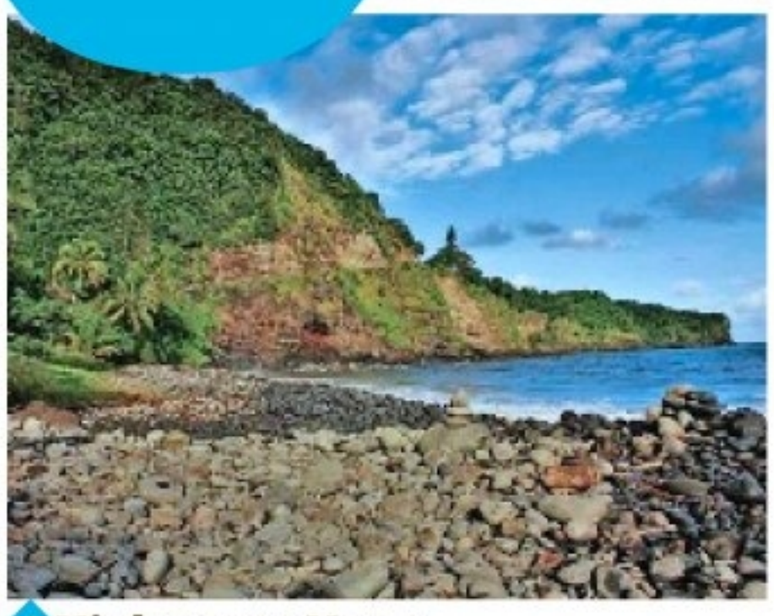
metro TRAVEL
Your essential daily news

Jurassic World movie-related exhibit comes alive in Philadelphia

5 AMAZING EXPERIENCES IN MAUI

From taking in coastal views to perfecting your 'moon walk' at sunset, this popular Hawaii destination has no shortage of amazing experiences. If you want to get the full Maui oh-wowee experience, check out these sweet island spots:

CHARMAINE NORONHA/FOR TORSTAR NEWS SERVICE



1 Highway to Hana

This highway to heaven offers breathtaking coastal views, waterfalls galore, bamboo forests, sweeping landscapes and terrain so lush, it'll have you thinking the grass (and foliage) is definitely greener in Maui. Rent a car and start your drive from the Residence Inn to Hana Highway. Take the coastal road way past Hana to feast on various eye candy throughout the drive. Stop for a dip in a waterfall and grab a locally sourced coffee from the cute Ono Cafe. **Details: roadtohana.com**

2 The summit of all parts

In the early '60s, NASA brought moon-suited astronauts to the Haleakala Crater to practise what it would be like to "walk on the moon." So, for this other-worldly experience, go up to the summit of Haleakala at 3,048 metres. Most folks head here for sunrise, but it's equally stunning at sunset. Bring your woolies, it's freezing at the top and you'll definitely want to walk around to capture the perfect sunset shot. **Details: gohawaii.com**

3 Mama knows best

Mama's Fish House Restaurant & Inn is legendary, and for good reason. Opening in 1973, it serves seafood caught daily, along with produce harvested daily. It's pricey, but very worth it. Its signature dish, mahimahi stuffed with king crab, is signature for a reason. At $58 U.S. for the meal, it'll set your wallet back but your belly forward. **Details: mamasfishhouse.com**

4 Paddle the Pacific

The canoe outrigger is unique to Hawaii. Native Hawaiians and Polynesians built canoe outriggers traditionally out of one piece of wood, centuries ago, to traverse the islands and migrate from other regions to the Pacific islands. Book a tour with Hawaiian Paddle Sports, which begins its tours with an "oli," a Hawaiian spiritual chant, followed by a quick tutorial about how to paddle. **Details: hawaiianpaddlesports.com**

5 Anything but run of the Mill

If you like your food fresh, tasty and with a killer view, head to the Mill House Restaurant. Its chefs use ingredients plucked from within the plantation grounds, as well as from selected farms and suppliers. Award-winning executive chef Jeff Scheer knows a thing or two about delighting your tastebuds. If the mains don't do it for you, stick around for the pavlova or flourless chocolate cake. **Details: mauitropicalplantation.com**

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Coal baron's castle now a destination

VICTORIA

Grand space built to show off owner's vast wealth

The grey, cool mist of an autumn morning briefly hides the full glory of the castle on the hill.

But the fog soon gives way to bright sunshine, and light shining on stained-glass windows spreads a kaleidoscope of colours across a decked-out 19th century dining room table.

A step inside Craigdarroch Castle is a walk back into history, when a mighty coal baron built a monument on a rocky outcrop overlooking the city of Victoria to announce his stature and prominence as one of the richest men in Western Canada.

Scottish immigrant Robert Dunsmuir never did get to live in his industrialist showpiece home. He died in 1889, months before construction was completed in 1890.

Dunsmuir's estate, valued at about $20 million U.S. just before his death, left everything to his wife, Joan, who moved into the castle with three daughters and two grandchildren — and an army of servants and staff to tend to their beck and call.

Craigdarroch Castle was built as a home and completed in 1890 for coal baron Robert Dunsmuir. Tragically Robert passed away before its completion so his wife Joan, three daughters and two orphaned children lived on the 28-acre estate. ISTOCK

Joan Dunsmuir lived at Craigdarroch (which means rocky, oak place in Gaelic) until her death in 1908.

The four-storey, 39-room grey brick edifice, with its steep red slate roof, towering peak and seven chimneys, is a national historic site. The Victorian mansion is open to daily tours and is approaching almost 150,000 visitors this year.

President John Hughes of the not-for-profit Craigdarroch Historical Museum Society seemingly knows everything about the castle, including some of its deep secrets.

39

Number of rooms in Craigdarroch. There are 17 fireplaces in the four-storey home that 150,000 people now visit annually.

Hughes said during a recent tour that the castle was built as a showcase of Dunsmuir's immense wealth.

The interior's white oak panelling, including the stairs, windows and doors, were prefabricated and shipped from Chicago on five rail cars. The red slate for the roof came from Vermont, and the Hawaiian koa inlays in the drawing room floor are among the castle's exotic wood finishes that include walnut, rosewood, maple, holly and oak.

Hughes points to a huge black wooden chair near the main entrance as an example of the overt displays of wealth, saying the chair cost $200 in the 1890s while homes in Victoria were ranging between $300 and $600.

Of the castle's 17 fireplaces, mostly coal burning, the huge sandstone hearth and mantel is the most impressive. Engraved in the stone across the mantel is: "Welcome ever smiles and farewell goes out sighing," from the William Shakespeare play "Troilus and Cressida."

Mounted elk, goat and deer heads are throughout the castle, another sign of wealth for the times, said Hughes, as is the massive English billiards table on the fourth floor.

Hughes said people frequently ask if the castle is haunted, which he quickly denies, but he admits to some strange goings-on.

About 15 years ago, during a movie shoot for a film starring Oscar winner Ben Kingsley called Spooky House, a black panther being used in the film had a major accident in the castle, said Hughes.

"It just decided to let this big stream of urine out and it got into the wood," he said. "On warm summer days, and we have a few of those here, you can often get that little bit of whiff." THE CANADIAN PRESS

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metro SPORTS

"It's unbelievable, actually": LeBron James digs LeBron: The Musical, the recently released Internet video modelled after Hamilton: The Musical

Redblacks hope this 'dog has its championship day

GREY CUP 2016

Long odds in Sunday's game don't concern Ottawa

The upcoming Grey Cup game between the Calgary Stampeders and Ottawa Redblacks appears to be a mismatch on paper.

Calgary had 15 victories in the regular season while Ottawa had just eight. The Stampeders led all CFL teams with 586 points while the Redblacks allowed more points than they scored.

Oddsmakers initially installed Calgary as a nine-point favourite. That number has already hit double digits at some sports books and could rise even more before kickoff.

Few football observers are giving Ottawa much of a chance on Sunday evening at Toronto's BMO Field. That's just how Redblacks defensive back Abdul Kanneh likes it.

"We're not worried about the doubters," Kanneh said Thursday. "There have been doubters all year. That's what we like. We like doubters, we like being the underdogs. We like being in that position. That way when we do beat people, we just have more people on the bandwagon."

Redblacks defensive back Abdul Kanneh hams it up for the cameras in Toronto on Thursday.
NATHAN DENETTE/THE CANADIAN PRESS

The powerhouse West Division had four teams finish the regular season with better records than Ottawa's middling 8-9-1 mark. The Redblacks still earned the first seed in the East and beat Edmonton 35-23 in the division final.

Calgary, meanwhile, showed no rust in the West final. The Stampeders, who entered with a 15-2-1 mark, crushed the B.C. Lions 42-15.

9

The Redblacks opened as nine-point underdogs.

Redblacks offensive line coach Bryan Chiu knows firsthand that the slate is wiped clean for the championship game. He played for the Montreal team that entered the 2000 Grey Cup as a heavy favourite but lost to a B.C. squad that won just eight games in the regular season.

"The one thing I can tell you about Grey Cup is it's not a best-of-seven, it's one game," Chiu said. "The ball is not round. You've got funny bounces. It's the ultimate equalizer in championship games. The team that has the most discipline and protects the football is usually the team that comes out on top.

"We're both here for a reason. I think both teams deserve to be here. But at the end of the day, the team that plays complete and with discipline is going to win it."

Kanneh feels regular-season marks don't mean a thing at this point. Only two clubs remain in the post-season picture and both have an equal shot at the big prize.

"It's playoffs, it's win or go home," he said. "So you could be 13-and-0, you could be 21-and-0, you could be 100-and-0 or you could be 2-and-11. If you make it here, you make it here. There's a reason why you made it here.

"So it's all about that next game. Whatever you did in the past don't matter no more."

THE CANADIAN PRESS

> **"We're not scared of nothing. Bring on anybody and we're ready to go.**
> Abdul Kanneh

IN BRIEF

Lions beat Vikings on last-second field goal

Matt Prater kicked a 40-yard field goal as time expired after Darius Slay returned an interception 13 yards with 30 seconds left, lifting the Detroit Lions to a 16-13 win over the Minnesota Vikings on Thursday and into sole possession of first place in the NFC North.

The Lions (7-4) have won six of seven, including two against Minnesota this month, despite trailing in the fourth quarter of every game this season.

THE ASSOCIATED PRESS

Brazil closes gap on Argentina in FIFA rankings

Brazil has risen to No. 2 in the newest FIFA rankings behind Argentina, with South American teams taking three of the top four spots.

World Cup champion Germany dropped one spot to third place, while Copa America champion Chile climbed two to No. 4.

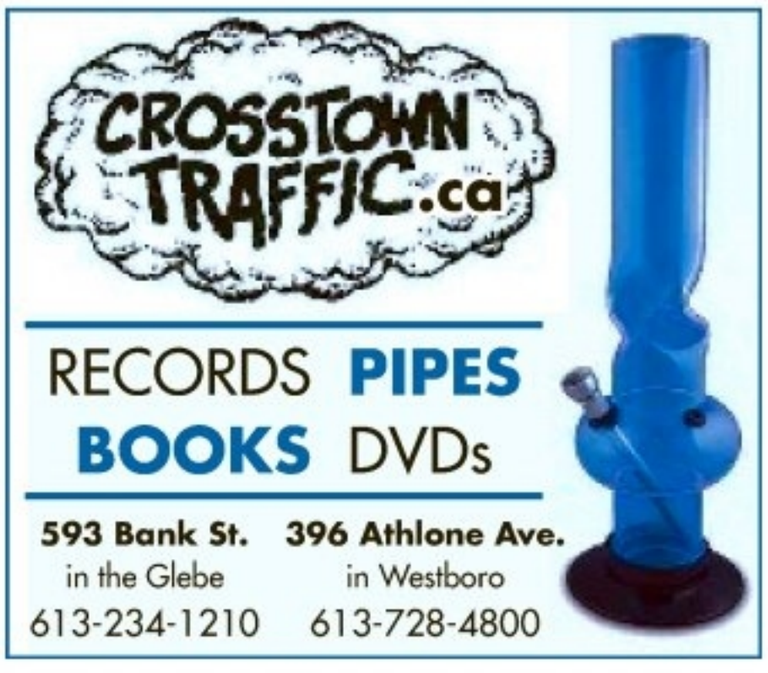
THE ASSOCIATED PRESS

Inter coughs up lead, booted out of Europa

Inter Milan couldn't hold on to a two-goal lead against Israeli club Hapoel Beer-Sheva on Thursday, losing 3-2 and being eliminated from the Europa League with one round still to be played.

Inter conceded three goals in the second half as it lost for the fourth time in five games in Group K.

THE ASSOCIATED PRESS



Ellingson's latest kick at the Cup

GREY CUP 2016

Ottawa receiver set for another trip to title game

Ottawa Suiting up for the Grey Cup is becoming pretty familiar for Greg Ellingson.

The six-foot-three, 197-pound receiver will appear in his third Grey Cup game in four years Sunday when the Ottawa Redblacks face the Calgary Stampeders at BMO Field. He's been on the roster for the East Division's last four representatives but didn't play in 2014 with Hamilton due to injury.

It was Ellingson's 93-yard TD catch on second-and-25 that earned Ottawa a thrilling 35-28 home win over Hamilton in last year's East Division final.

"Kind of seems that way," Ellingson said with a chuckle when asked if reaching the Grey Cup is becoming an annual rite of passage. "A little bit of luck, I guess, but also just being around great coaches and great teams."

Ellingson has yet to play for a Grey Cup winner, and victory won't come easily against a Calgary team that posted a CFL-best 15-2-1 record and beat the B.C. Lions 42-15 in the West Division final.

"It's unfortunate I haven't been to get one yet but that really motivates me and makes me want to come out here every day and practise hard," Ellingson said. "I'm looking forward to Sunday having a chance to bring this back to Ottawa.

"Calgary is a deserving team. They won a lot of games this year, they're a sound defence and have a lot of depth and their offence puts up points. We have a challenge, we're going to have to put up points to keep up with them if they happen to do that and that is the focus."

> **It's not really going to mean that much if we don't bring a Grey Cup to Ottawa.**
> Greg Ellingson

Ellingson has enjoyed a productive start to his CFL career. The former Florida International star has registered 229 catches for 3,550 yards (15.2-yard average) with 19 TDs over four seasons with Hamilton (2013-14) and Ottawa (2015-16).

While Calgary dominated the CFL, Ottawa captured first in a weak East Division with an 8-9-1 record. But the Redblacks advanced to their second straight Grey Cup game with a 38-23 home win over Edmonton in the conference final.

Not only did Ottawa avenge last year's 26-20 Grey Cup loss to Edmonton but also finished the season 3-0 against the defending Grey Cup champions.

Last season, Ottawa was happy to just reach the Grey Cup game. But Ellingson, a 27-year-old Tampa, Fla., native, said the club's mindset now is completely different.

"You could feel it in the locker-room with the guys, we weren't as excited as we were last year to win the East," Ellingson said.

"We're pumped that we're here but the focus is to get the win for the Grey Cup."

THE CANADIAN PRESS

Greg Ellingson had 1,260 yards receiving with the Redblacks this season. JUSTIN TANG/THE CANADIAN PRESS

Who ya got?

A look at strengths and weaknesses going into the big game

OFFENCE — O

Calgary Stampeders quarterback Bo Levi Mitchell was second overall in passing (5,385 yards), tops in TD strikes (32) and comes in with an impressive 44-7-1 career record as a CFL starter.

High-powered Calgary led the CFL in scoring, allowed the fewest sacks and boasted the league's top rusher in Jerome Messam (1,198 yards, 5.8-yard average, 11 TDs).

Ottawa pivot Henry Burris, in his 17th CFL season, is a two-time Grey Cup champion (the last being in '08 with Calgary) and will appear in his third CFL title game in four years. And even at age 41, Burris still has the ability to escape the pocket to either buy his receivers time or take off upfield.

Ottawa also boasts four 1,000-yard receivers (Chris Williams, Ernest Jackson, Brad Sinopoli and Greg Ellingson), the first time in CFL history four players with the same team have recorded 1,000-yard seasons. However, Williams (knee) won't play.

DEFENCE — D

The Stampeders' defence wasn't exactly chopped liver, either. The unit was the CFL's stingiest and also featured the league's top sack artist in defensive end Charleston Hughes (16).

But Calgary will have to contend with a different quarterback this time around. Trevor Harris started both regular-season games against the Stampeders Burris, the CFL's outstanding player last season, will be under centre Sunday.

The determined Ottawa defence is looking to help register the biggest upset in Grey Cup history to make up for last year's 26-20 loss to Edmonton. But victory won't come easily for the Redblacks.

And it's hard to bet against Mitchell leading the Stampeders to their second CFL crown in three years and firmly establishing themselves as one of the best teams in league history.

Pick — Calgary

THE CANADIAN PRESS

LET'S GO REDBLACKS!
mattamyHOMES
#RNATION WANTS THE CUP

RECIPE Nicoise Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This pasta leans on ingredients you've got in your pantry.

Ready in 25 minutes
Prep time: 5 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 500 grams spaghetti
- 3 Tbsps olive oil
- 3 cloves garlic, crushed
- 1/2 cup black olives, pitted and roughly chopped
- 1 pint cherry tomatoes, roughly chopped
- 1/4 cup capers
- 2 x 5 oz tin of tuna, drained
- 3 or 4 leaves of fresh basil, torn into pieces
- 1/2 cup Parmesan, grated

Directions

1. Put a bit pot of well-salted water on to boil. Cook pasta according to package instructions. Just before you drain, remove 1 cup of cooking liquid and set aside.

2. In another large pot, warm up olive oil over medium heat. Toss in garlic, tomatoes, olives and capers. Stir and let the garlic cook for a couple of minutes. Add tuna and break it up a bit.

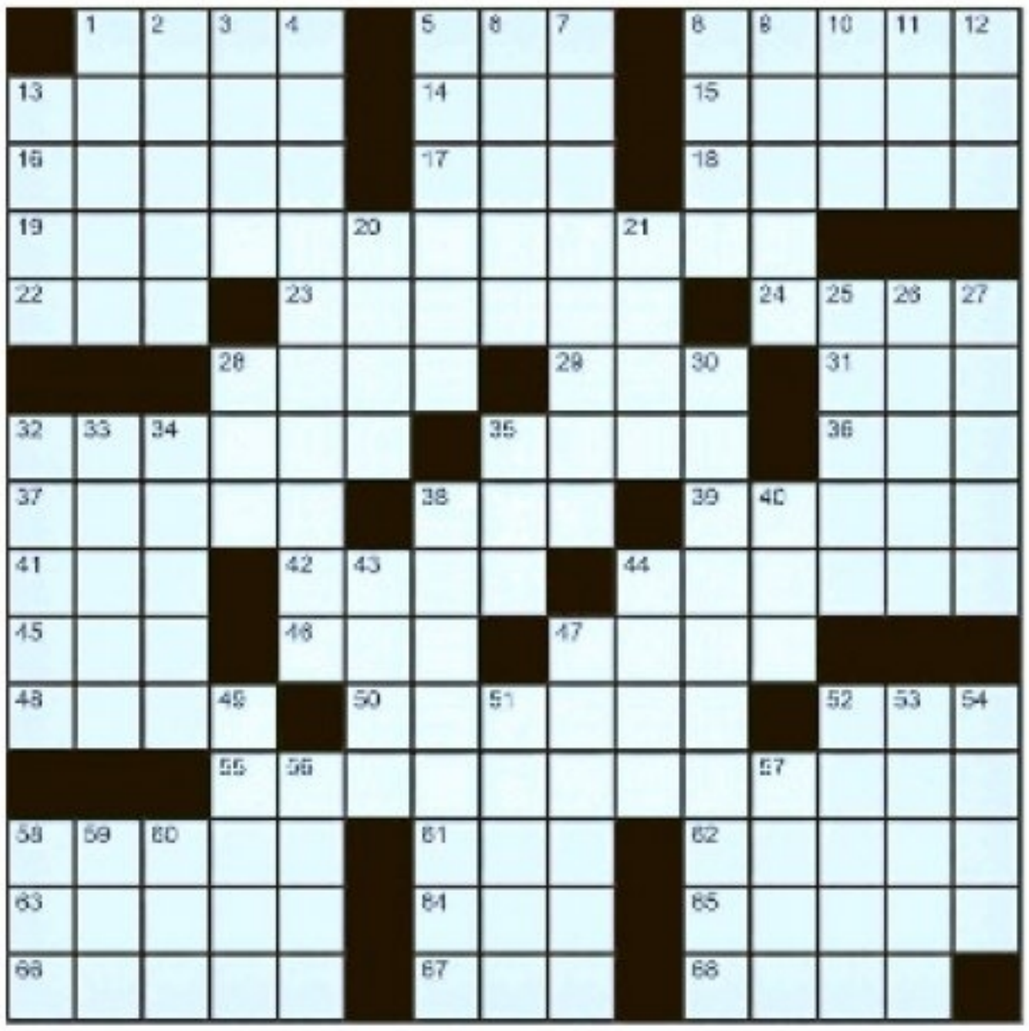
3. Add the cooked pasta and toss together until the pasta is well-coated and the rest of the ingredients are spread throughout. Pour in your cooking liquid bit by bit until the pasta loosens up.

4. Serve with a topping of grated Parmesan and fresh basil.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Pond organism
5. Economy stat.
8. "SCTV" character Ms. Prickley
13. Bunch of bees
14. hEARer
15. Ms. Osmond
16. "_, _!" (Laura Petrie's classic TV catchphrase)
17. Fish story
18. One saying "Eww, gross.", say
19. Celebrity chef on Food Network Canada (More at #4-Down!): 2 wds.
22. Archaic-style suffix
23. "_' Alive" by The Bee Gees
24. Morns-following times
28. Pre-1917 ruler
29. List stopper [abbr.]
31. Calif. NBA team
32. Towards the middle
35. Ship's figurehead site
36. Sleeveless desert-wear garment
37. Make corrections
38. _ Angeles
39. Esau's biblical twin
41. High card
42. Gem of Australia
44. Lizards like in GEICO commercials
45. Mr. Beatty
46. Curtains holder
47. Judy Garland's daughter Lorna
48. D'Urbervilles heroine
50. Blue Rodeo's "Til I Am _ Again"
52. Expanse
55. "Go out yonder, peace in the valley..." is how this Band song begins: 4 wds.
58. "Ditto over here!": 2 wds.
61. Vertical opposite [abbr.]
62. Valerie Harper sitcom in the 1970s
63. _ green
64. Traveller's lodging
65. "Egads!"
66. Did some office work
67. Zoologist's 'foot'
68. Suffix with 'Game'

DOWN
1. Not _ _ (Not at all)
2. Northwest Territories official tree, Tamarack _
3. David who played Joe Gerard on #62-Across
4. Prince Edward Island's resident Food _ (Honour/role for #19-Across)
5. Actress, Sarah Michelle _
6. Meadows flower
7. Provincial leaders
8. Eject, as energy, for example
9. Country house in Russia
10. Vex
11. Fasten
12. Feminine pronoun
13. Roughly
20. And others, commonly: 2 wds.
21. Van Morrison's "_ the Mystic"
25. Singer, Roberta _
26. No-no
27. _ of beef (Carnivorous portions)
28. _ can
30. Canadian historical/wartime artist, _._. _ (b.1869 - d.1951)
32. Stood for something in a statement
33. Host an event
34. "Mr. _ Goes to Town" (1936) starring Gary Cooper
35. Washington insider, wee-ly
38. Title for addressing a Peeress
40. Perform
43. Apple or pear, in botany
44. Swallow soundly
47. Studies
49. Cook's need
51. Gleamed
52. "_ on the Water" by Deep Purple
53. Downy duck
54. Santa _ (Hot winds)
56. Tilled
57. "_ _ the jackpot!!!"
58. Witty word
59. English cathedral city
60. Point

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You might have some kind of disconnect with a friend or partner today due to jealousy or passionate feelings for a boss or an authority figure. Indeed, this is a tricky day. Tread carefully!

Taurus April 21 - May 21
Your work routine will be interrupted today. Just expect this and accept it. Meanwhile, discussions about politics, religion and racial issues will be fervent. Oh yeah.

Gemini May 22 - June 21
Parents should be vigilant with their children today, because this is an accident-prone day for kids. Meanwhile, intimate relations are intense and passionate.

Cancer June 22 - July 23
Equipment might break down today, small appliances might be troublesome or minor breakages could occur. This might trigger intense discussions with a partner or a close friend.

Leo July 24 - Aug. 23
Pay attention to everything you say and do today, because this is an accidentprone day for you. You might blurt something out and later regret it, especially at work. Oops!

Virgo Aug. 24 - Sept. 23
Keep an eye on your money and possessions today, because something untoward might affect them. Meanwhile, romance definitely is hot and heavy! Mamma Mia!

Libra Sept. 24 - Oct. 23
You feel passionate, impetuous and impulsive today, which is why anything might happen. In particular, you have strong feelings about something happening at home.

Scorpio Oct. 24 - Nov. 22
You might be obsessed with an idea today. Whatever it is, you can't get it out of your mind. Be careful that this does not cause problems at work. Take a breath and step back from things a bit..

Sagittarius Nov. 23 - Dec. 21
Your desire to buy something might be impulsive today. In fact, your financial decisions in general today are a bit one-sided. Try to see both sides.

Capricorn Dec. 22 - Jan. 20
You might have a reaction to parents and bosses today. They have their differences, but you want recognition for your ideas as well. And why not?

Aquarius Jan. 21 - Feb. 19
A secret love affair might get out of hand today. (Heavy passion!) Could that be why this is an accident-prone day for you? Think before you speak or do anything today.

Pisces
Feb. 20 - March 20
You have strong feelings for a friend today. Nevertheless, keep your mind on money issues as well, because something could go wrong here. Guard against loss or theft.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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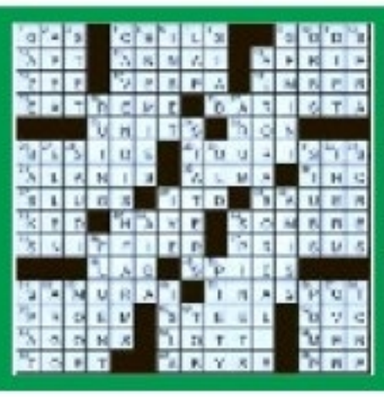

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1	6	2	4	9	7	5	8	3

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